



TRAUMA CENTER
TRAUMA SENSITIVE YOGA

SETTLE INTO REST

8 week Group Program Online

PTSD can significantly affect sleep. Many people experience ongoing hyperarousal, elevated adrenaline and cortisol, heightened alertness, nightmares, and difficulty settling the body into rest.

Settle Into Rest is an online Trauma Centre Trauma-Sensitive Yoga (TCTSY) based program designed specifically for people experiencing PTSD-related sleep disturbance or insomnia. The program supports participants to gently refine the body's capacity to access and utilise the parasympathetic (rest-and-settle) response.

This therapeutic program integrates trauma-sensitive yoga facilitation with floor-based yoga therapy practices to gradually and safely re-train and rebalance the nervous system. The intention is to enhance self-efficacy, body trust, and a sense of empowerment.



PARTICIPANTS ARE GUIDED THROUGH:

- Gentle, regulating yoga forms and movements
- Breath practices to support down-regulation
- Trauma-informed guided relaxation
- Development of an inner resource of safety
- Bilateral tapping
- Grounding techniques
- Progressive muscle relaxation
- Body scan practices to support calming of the mind, softening of physical tension, and preparation for rest

TERM 3: 27 JULY -SEPT 14

TERM 4: 7 OCT - 25 NOV '26

Monday evenings

ONLINE

7 - 8PM

Reach out with any questions by contacting the facilitator:
Jen @ jen.holmes-beamer@nelsonclinic.nz

About TCTSY

Trauma Center Trauma Sensitive Yoga (TCTSY) is an evidence based, clinical approach for complex trauma or post-traumatic stress disorder (PTSD). The TCTSY methodology draws on trauma theory, attachment theory, neuroscience, and yoga philosophy and practice.

Although TCTSY offers physical forms and movements, the focus is not on achieving physical forms but of noticing and re-connecting with inner sensations. This shift in orientation, from the external to the internal, is a key attribute of TCTSY as a complementary treatment for complex trauma. With this approach, the power resides within the individual, not the TCTSY facilitator.

Further, by focusing on the felt sense of the body to inform choices, TCTSY provides opportunities for participants to restore their connection between mind and body and to cultivate a sense of agency that is often compromised as a result of surviving trauma.

Find out more: traumasensitiveyoga.com

WHAT TO EXPECT

Each session includes 45 minutes of floor-based yoga therapy practices that safely support the body to access and strengthen the parasympathetic (rest-and-settle) response, followed by 15 minutes of trauma-informed mindfulness and breathing to restore inner balance and prepare the body for rest.

Across the 8-week series, participants will:

- Practice cultivating an inner resource of safety (safe/calm place).
- Learn to recognise cues of safety and activation within their nervous system - skills that are essential for restorative sleep.
- Gradually deepen their capacity for safety (ventral vagal activation) and increase their ability to access the rest response.
- Build interoceptive awareness through a consistent sequence of yoga therapy forms and grounding practices.

A video or audio recording of each session will be provided for optional home practice, enabling participants to continue using the tools beyond the group program.

Prior to the group commencing, group providers will liaise with participants and the lead provider (therapist) and complete a brief screening process to ensure any individual needs or safety considerations can be supported throughout the program.

Details for PO

Group Name: Settle Into Rest

Supplier: The Nelson Clinic (VAH127)

Facilitators: Jen Holmes Beamer (PAQ875) and Aurelie Chambers (PAN892)

Codes: SCSGT - 8 + SCSGTT - 1 for pre-group intake session

Participant feedback:

- “After a lifetime of extremely poor sleeping I finally see some steady improvement.”
- "My general wellbeing is very much improved. I am feeling deep rest during and after the classes. I have never stuck with a yoga class before this one”
- “I have found the yoga sessions so helpful – at the start I often fell asleep or got distracted during class but now I am regularly experiencing deep rest for the first time in a long time.”
- "My sleep has improved greatly and I am able to unwind and switch my mind off before heading to sleep much easier."

ABOUT YOUR THERAPIST FACILITATORS



Aurélie is a registered Art Therapist with ANZACATA (AU/NZ) and ATCB (USA) and supervisor who has many years of experience supporting children, teens and adults. Aurélie works sensitively with clients to help facilitate the expression of difficult thoughts and feelings through creative media. She uses a client centered and multimodal approach to working with clients to meet individual needs. Her particular interest is the effectiveness of non-verbal therapies for clients who have experienced loss, grief, disrupted attachment and trauma.



Jen is a psychotherapist, EMDR therapist, yoga therapist (I-AYT) and Trauma Centre Trauma-Sensitive Yoga facilitator (TCTSY-F) through the Justice Resource Institute (US). She has completed a 200-hour Yoga Alliance Teacher Training and a Three-Year / 800 hour Yoga Therapist training and apprenticeship with a specialty in PTSD related insomnia through Yoga Therapy Toronto. Jen's background as an occupational therapist also informs her therapeutic and trauma-aware approach to facilitation.